

**Day 1****Diet Plan**

Diet Type: Balanced, high-protein low-fat

Calorie Goal: 1600

Calories: 1590

Time	Food	Amount	Protein	Carbs	Fat	Calories
<i>Breakfast</i>	Eggs	3 large	18		15	213
	Hot sauce	1 tsp		2		9
	Toast Vogels whole grain	1 slice	2	14	2	95
	Butter	10g			8	72
<i>Morning Tea</i>	Protein shake with water	1 scoop	25	2	2	130
<i>Lunch</i>	Chicken breast skinless small	150g	35		4	184
	Rice white jasmine cooked	1 cup 158g	4	45		205
	Sweet chilli sauce	1 Tbsp		4		15
	Broccoli	1 cup chopped	3	6		31
<i>Afternoon Tea</i>	Apple medium	1 whole 182g	1	25		95
<i>Dinner</i>	Rump steak fat cut off. Size of palm	150g	33		6	254
	Cooking spray	1 second			1	9
	Small kumara cooked	1 half cup 113g	2	24		103
	Green beans cooked	1 cup	2	7		31
	BBQ sauce or similar	15g		4		16
<i>Supper</i>	Whittakers dark chocolate 72%	4 squares	8	12	2	128
<b>Total</b>			<b>133</b>	<b>145</b>	<b>40</b>	<b>1590</b>